



BlueCross BlueShield
of New Mexico



**New Mexico
Public Schools
Insurance
Authority**



NMPSIA



FOOD AS MEDICINE

Date: Tuesday, August 18

Time: 3:30 p.m.

Location: Virtual

[Register Here](#)



We will learn about:

- How food can be used as medicine
- Foods that can increase or decrease inflammation
- Healthier lifestyle changes that can help